

Figure 1
Prior Art

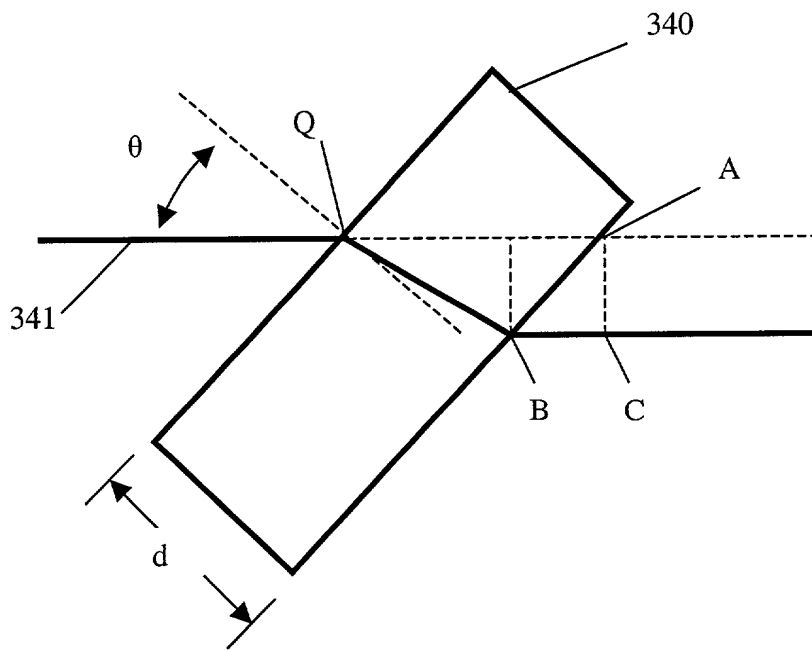


Figure 3

Figure 4

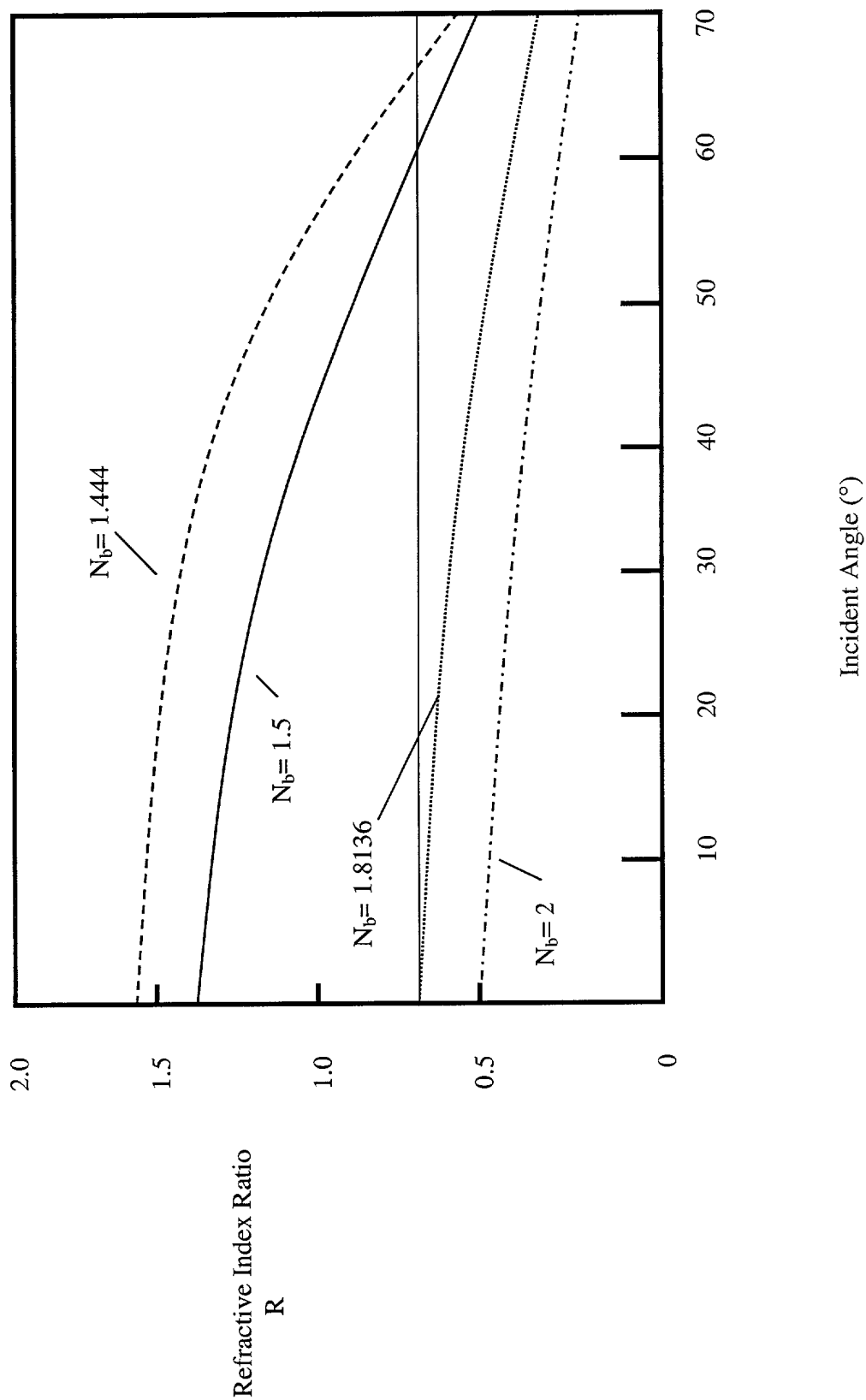


Figure 5a

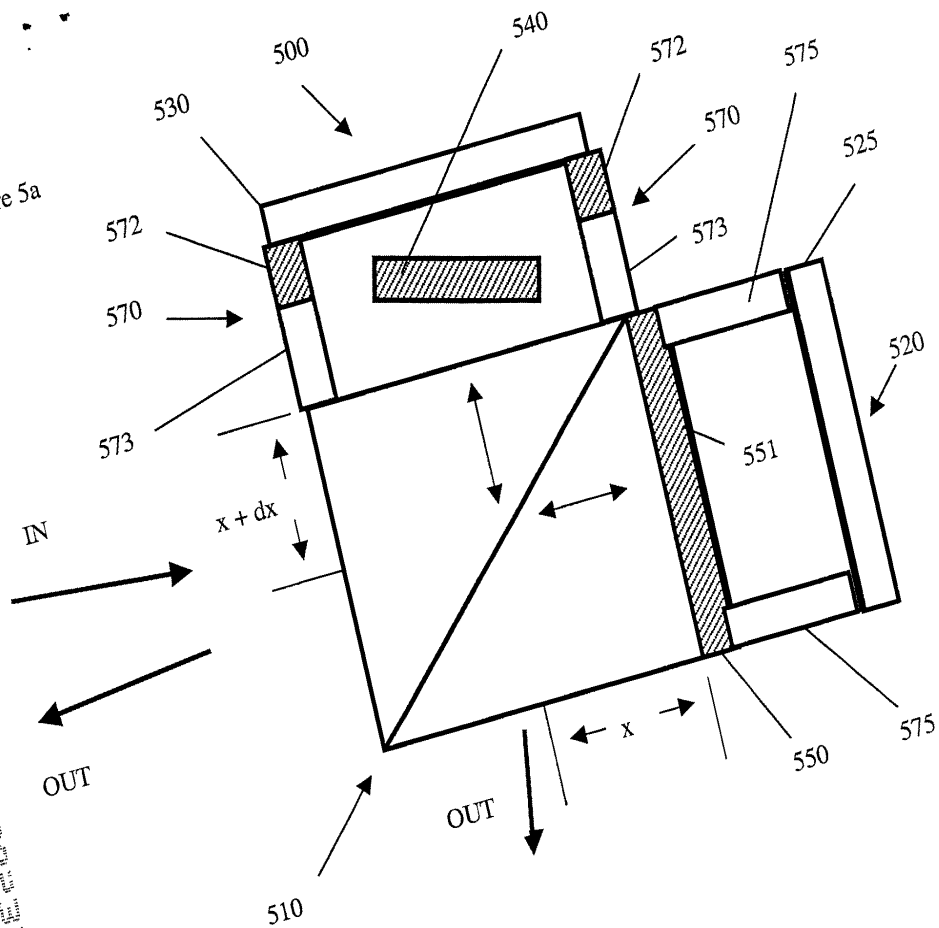


Figure 5b

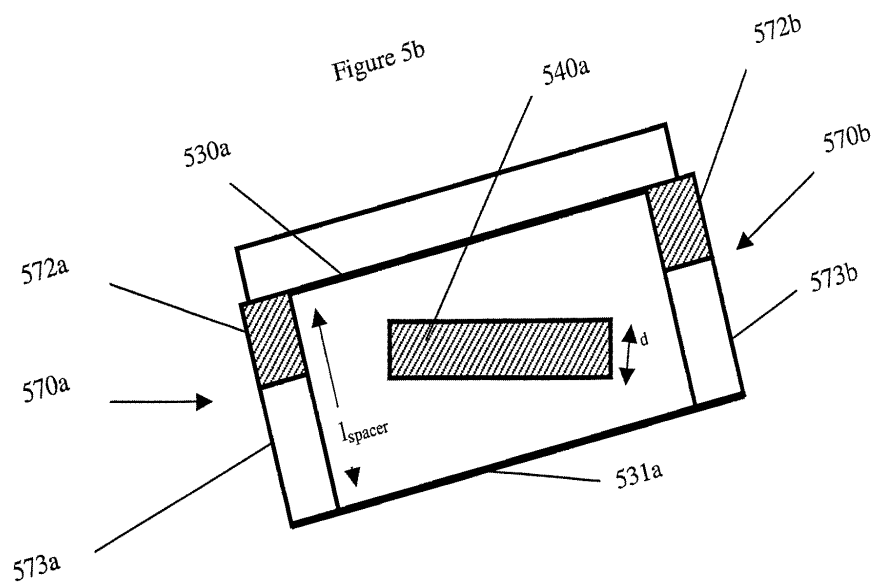
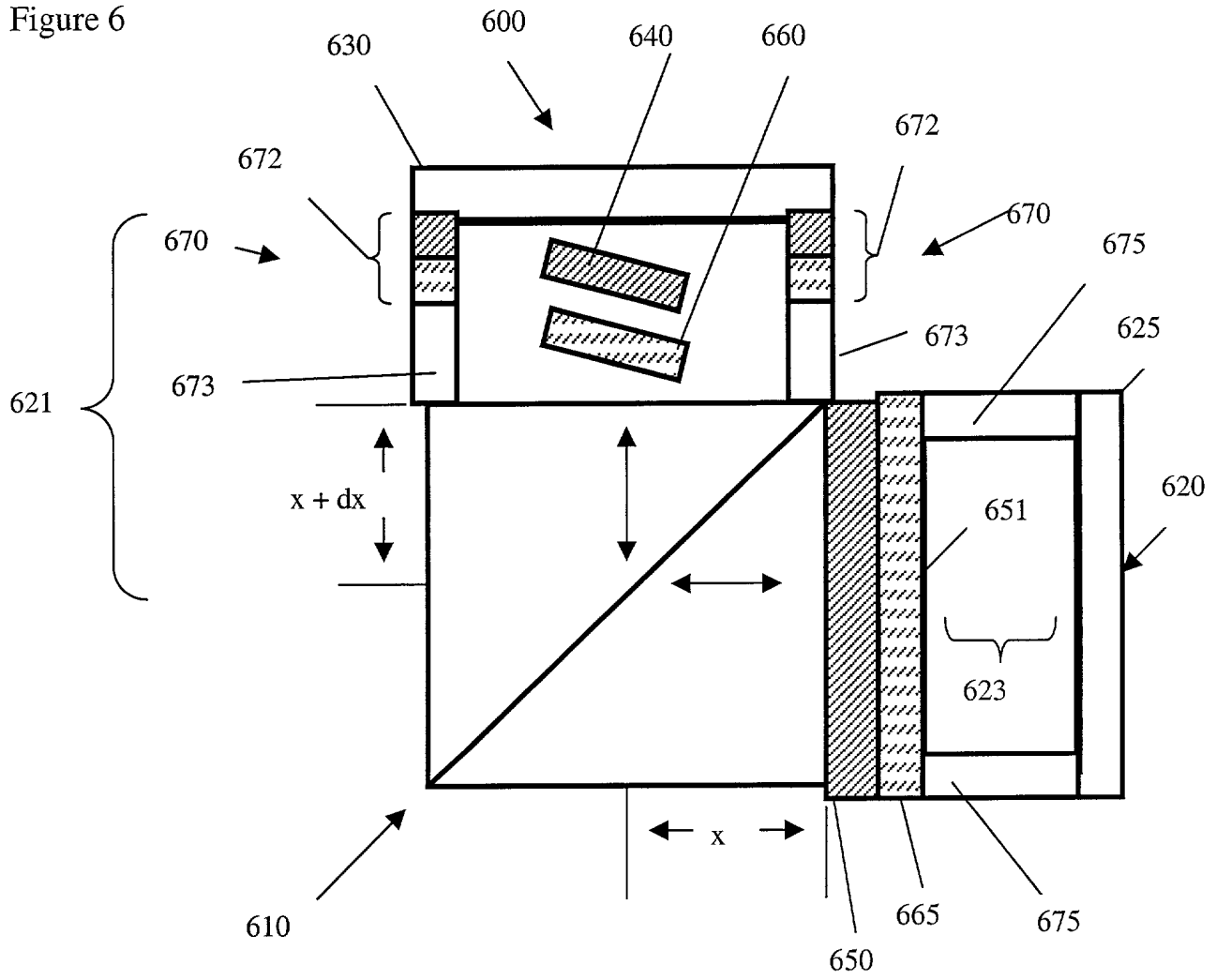


Figure 6



General information	
Year	2012
Study site	University of Jyväskylä, Finland
Study design	Randomized controlled trial
Study population	Healthy young adults
Sample size	100
Dropouts	10
Follow-up time	12 weeks
Intervention	Physical activity
Control	Physical inactivity
Outcome	Cardiorespiratory fitness
Statistical analysis	Intention-to-treat
Significance level	0.05
Confidence interval	95%
Limitations	Short follow-up time
Strengths	Randomized design
Conclusion	Physical activity improves cardiorespiratory fitness

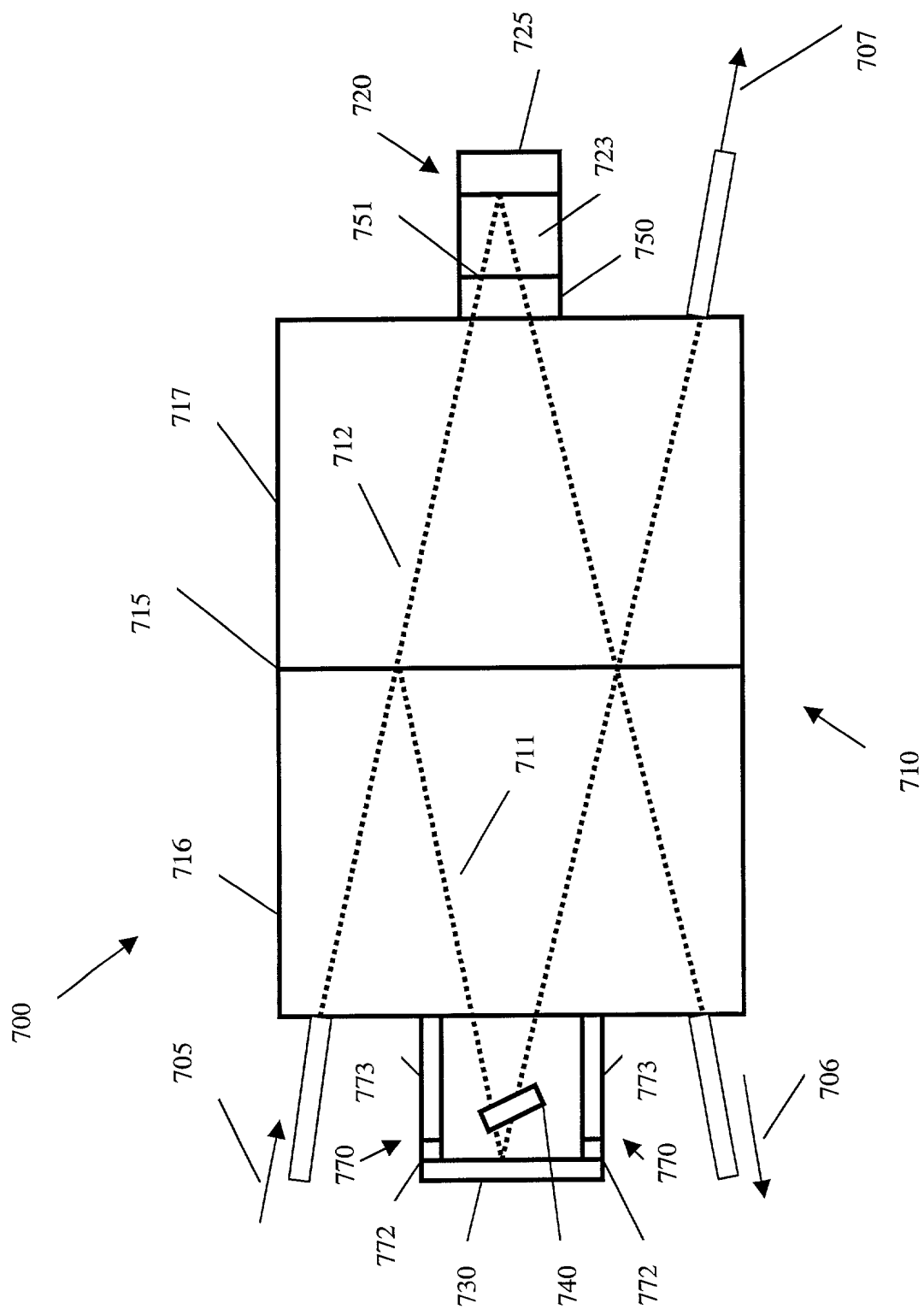


Figure 7

